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Naval Service Medical News (NSMN) (96-26)
4 July 1996

Headline: Surgeon General Marks Anniversary with Yearly
Re-Cap

Washington DC (NSMN)--VADM Harold M. Koenig, MC, USN, marked his first anniversary as Navy Surgeon General with some thoughts on Navy Medicine today.

In a message dated 290246Z JUN 96 BUMED WASHINGTON DC, he discussed the unprecedented change he's seen as Navy Medicine rightsized and re-engineered, and the superb response he's gotten from Navy medical people in achieving his four goals of taking care to the deckplate, moving information, not people, marketing TRICARE, and re-engineering business processes. He sees medical people being even more innovative and active participants in molding the future of the Military Health Care System within the next year.

"Last year I asked people to get on board. This year I'm asking you to steer the ship. We must ensure that Navy Medicine is there to support our Sailors, Marines, retirees and their families whenever and wherever they need care," he concluded.

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Headline: Portsmouth Cuts Ribbon On User Friendly Unit

NMC Portsmouth--NMC Portsmouth, VA, cut the ribbon on its newly renovated ambulatory procedures unit (APU) on 24 June, opening a transformed unit that's more user-friendly to patient and health care provider alike.

"The changes to the APU have created better working conditions and a higher morale among the staff and patients," said HM3 Lillian Lopez, USN, who works in the APU.

The renovation included new operating rooms, separate modern bathrooms, a patient care area, and brightly decorated waiting rooms.

The APU serves an average of 46 patients a day.
By CDR Racquel Bond, MC, USN and LT Merritt H. Allen, USN,
NMC Portsmouth, VA

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Headline: Bremerton Corpsman is World Champ

NH Bremerton--It took this corpsman less than a month to bring home the gold in triplicate.

HM1 Elizabeth A. Evans, USN, who works at Naval Hospital (NH) Bremerton's branch clinic on Naval Station Everett, WA.,

captured three gold medals in three consecutive tae kwon do events.

Evan's winning streak began at the Olympic Training Center in Colorado Springs, CO, 10 May, when she took the gold in the U.S. National Championships. Her second gold was claimed in Rio de Janeiro, Brazil at the 1996 World Cup. Then early last month, Evans vied against the top tae kwon do athletes in America at the 1996 U.S. National Team Trials. She took home her third gold medal and won a spot on the U.S. National Team.

While pleased with her medals, Evans has set her sights on more gold -- a first place finish in the Olympics. Securing a place on the U.S. National Team would normally mean the athlete would automatically be going to the Olympics, but, unfortunately for tae kwon do fighters, that's not the case this year. Olympic competition in tae kwon do won't be held in 1996.

"The good news is that tae kwon do has been accepted as an official sport for Olympics 2000 in Sydney, Australia; the bad news is ... the 'sport' must sit-out this year," Evans said.

'Sitting-out' is only a slight disappointment to Evans, who has every intention of competing in the Olympics in 2000. The challenge for the 11-year Navy corpsman will be age. Evans will be 38.

"If you're good, it doesn't matter how old you are. When tae kwon do becomes an Olympic sport in 2000, I plan on winning it," said Evans.

By Judith A. Williams, NH Bremerton, WA, Public Affairs

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Headline: Port Hueneme Clinic Ties for SECNAV Award

NAVMEDCLINIC Port Hueneme--The Naval Medical Clinic at Port Hueneme, CA, was runner-up for 1995's Secretary of the Navy's Safety Award in the small non-industrial activity category.

Naval Station Ingleside, TX, was the winner. The Port Hueneme clinic shares the award with Strategic Weapons Facility, Atlantic.

The award is presented annually to recognize activities for attaining excellent records in safety. Nominees are evaluated on their occupational and health, off duty, motor vehicle, and fire safety programs.

SECNAV message 271638Z JUN 96 announced the winners.

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Headline: Needle Disposal Program Begun at San Diego

NMC San Diego--Naval Medical Center (NMC) San Diego and branch clinic outpatients who use needles, syringes, lancets, and other "sharps" at home as part of their treatment can now dispose of them at the center.

The new disposal program, started in May, is a collaborative effort between San Diego County's environmental department and NMC San Diego's infectious waste management

office. The purpose is to ensure these dangerous items are disposed of properly.

According to Harry Strother, the center's infection waste manager, "Proper disposal of sharps and other infectious waste is not only required by law, but it prevents injury and exposure to disease so we want to make the disposal process easy and convenient for our patients."

Patients who don't have a sharps container may use any plastic or metal container, like bleach or liquid laundry containers with screw on-off caps, said Strother, but the caps must be screwed on tightly and the container sealed with electrical or duct tape. A regular sharps container will be issued at the collection point.

The waste is collected Monday through Friday from 8 to 11:30 a.m. and 12:30 to 3:30 p.m. at the center's infectious waste storage area.

By Pat Kelly, Naval Hospital Public Affairs

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Headline: TRICARE Prime Kicks Off in Southeast, Gulf South
Pensacola, FL--The Department of Defense's (DoD) new regional managed health care option known as TRICARE Prime kicked off in the southeastern United States on 1 July.

TRICARE Prime registration opened to eligible beneficiaries in TRICARE regions Southeast and Gulf South, which includes the states of Alabama, Mississippi, Tennessee, southeastern Louisiana, South Carolina, Georgia, and Florida.

Military medicine, in cooperation with the DoD contractor, Humana Military Healthcare Services (HMHS), "brings together the health care delivery systems of each of the military services as well as CHAMPUS," said Naval Hospital Pensacola Commanding Officer, CAPT Ralph A. Lockhart, MSC, USN "It will enhance our capability while allowing the flexibility we need to fulfill our readiness and health care missions."

TRICARE Southeast and TRICARE Gulf South are the sixth and seventh regions to come on line. The remaining six regions, Europe, Northeast, Mid-Atlantic, Heartland, North Central, and Southwest, will be operational by the end of 1997.

For information, beneficiaries in TRICARE Southeast and Gulf South (Regions 3 and 4) may call the TRICARE information line toll-free at (800) 444-5445.

By Rod Duren, Naval Hospital Pensacola, FL, and Bob Hines, Naval Hospital Jacksonville, FL

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Headline: Helm for TRICARE Northeast Manned by Bethesda
Commander

NNMC Bethesda (NSMN)--RADM Ridenour, MC, USN, took over the chair of TRICARE Northeast's TRICARE Executive Board on 1 July.

Unlike other regions that have a lead agent from one service responsible for managing TRICARE within their region,

TRICARE Northeast has three flag or general officers who share the responsibility as the lead agent on a rotating basis. Before RADM Ridenour, BGEN Theodore C. Almquist, DC, USAF was the chair of the executive board.

TRICARE Northeast covers Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island, Delaware, Maryland, New Jersey, New York, Pennsylvania, the District of Columbia, and the District suburbs in Virginia.

By Kevin Sforza, NNMC Bethesda Public Affairs

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Headline: Brown Shoes Now Optional With Khakis

WASHINGTON (NNS)--The Navy Uniform Board's recommendation to authorize brown shoes as optional wear with khaki uniforms by Sailors E-7 and above has been approved.

Now, all officers and chief petty officers may wear either black or brown shoes with khakis. Brown shoes must be worn with khaki socks. Women wearing brown shoes who wish to carry a handbag must carry a brown handbag.

Authorization for E-7 and above to wear brown leather shoes with Summer and Working Khakis was enacted in 1986. But the change applied to personnel in aviation ratings and designators and non-aviation personnel permanently assigned to aviation commands. When it came time for non-aviators to change duty stations, they went back to wearing black shoes.

During the recent Chief of Naval Operations (CNO)/Master Chief Petty Officer of the Navy's (MCPON) Senior Enlisted Leadership Forum in May, Fleet and Force Master Chiefs asked that the regulations be changed so all officers and chiefs could wear brown shoes as an optional item.

The uniform board discussed the issue based on its merits and voted unanimously for approval. ADM Jay Johnson, acting chief of naval operations, reviewed the findings of the board and approved the recommendation June 27. From Bureau of Naval Personnel Public Affairs

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Headline: TRICARE Question and Answer

Q. I'm enrolled in TRICARE Prime. How can I get a list of Primary Care Managers and other network providers near where I live?

A. The civilian contractor for each region publishes a Provider Directory annually or semi-annually. They are available at your local TRICARE Service Center.

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Headline: Healthwatch: 20 Items No Home Should Be Without

WASHINGTON (NWSB)--The Federal Safety and Health Council held its annual symposium in Washington, D.C., recently and recommended that no home should be without these 20 items:

1. Smoke Detectors. Install smoke detectors on every floor and outside each bedroom.

2. Carbon-monoxide detectors. A CO detector will alert you that deadly poison is invading your home.

3. Radon-detector kit. Stores carry do-it-yourself radon-detector kits.
4. Night lights. Place night lights away from flammable fabrics like bedspreads.
5. Sturdy one-step stool. Instead of doing a circus act, invest in a sturdy one-step stool to keep on hand when your arms need a boost.
6. Rubber suction bath mats. A suction-type rubber mat or adhesive-backed applique=E9s will keep you steady in the stall or tub.
7. Grab bars. Hold on to a wall grab bar when you get in and out of the tub. Fasten them with long screws securely into wall studs -- not merely into the plaster or wallboard.
8. Handrails. Every set of stairs, whether inside or outside your home, should have sturdy handrails securely mounted on both sides of the stairs.
9. Child-resistant locks. Put child resistant locks on kitchen and bathroom cabinets.
10. Baby gates. Baby gate keep curious kids away from danger zones, such as stairways.
11. Electrical socket protectors. Cover all outlets with plastic socket protectors.
12. Child-safety seats. Infants 20 pounds and under should face rear. Never put an infant in the front seat if your car has a passenger-side air bag.
13. Anti-scald devices. Children are more susceptible to scalds than adults.
14. Dead bolt locks. Put a dead bolt lock on every entrance to your home. Ask the locksmith for a dead bolt lock that's pick and drill-proof.
15. Sensor lights. Outdoor motion-sensor lights can help you see your way at night and scare off intruders.
16. Ground fault circuit interrupters (GFCIs). GFCIs stop the "juice" before electricity can leak out and hurt you. Use them throughout your home, especially in the kitchen, bathroom and laundry room.
17. Fire extinguishes. For the home, experts recommend a "BC" or an "ABC" extinguisher rather than an "A" extinguisher in your home, which can cause flames to splatter or cause shocks in an electrical fire.
18. First aid kit. The kit should include antiseptic ointment, bandages and gauze pads in assorted sizes; adhesive tape, cold packs, disposable gloves, hand cleaner, scissors and tweezers, syrup of ipecac and eyewash.
19. Flashlights. Keep flashlights where you can easily get to them in case of power outages and severe weather.
20. Fire-safe window guards. Don't rely on screens to prevent falls.

